

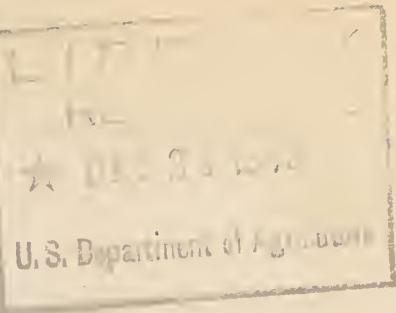
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WAR FOOD ADMINISTRATION
FOOD DISTRIBUTION ADMINISTRATION
700 Old Colony Building
Des Moines 7, Iowa



SUGGESTIONS FOR PLANNING MENUS FOR TYPE A & B SCHOOL LUNCH

The attached menus show ways in which the various patterns of Type A and Type B school lunches may be developed using all the food groups required and the alternate foods suggested.

Attention has been given in all menus to the ration points available. The basic point allowances are .6 points per meal per child for processed foods and .93 points per meal per child for meats, fats, and cheese. The total number of blue points available for 50 children for 5 meals are $(50 \times 5 \times .6)$ or 150 points a week. The total number of red points are $(50 \times 5 \times .93)$ or 232 points a week.

The menus suggested can be prepared with minimum equipment. With the exception of Menu I, all the meals can be prepared on top of the stove. The liver loaf could be changed to a liver stew if no oven is available.

Emphasis was placed on foods that are available throughout the school year and upon foods that can be obtained in most communities.

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LIB

SUGGESTED MENUS SHOWING RATION POINTS REQUIRED FOR 50 CHILDREN
TYPE A

TYPE B

| | Red | Blue | | Red | Blue |
|--|-------|------|---|-------------------|-------|
| MENU I | | | MENU I | | |
| Milk | | | Milk | | |
| Liver & Rice Loaf | | | Hungarian Goulash | | |
| Beef or Pork Liver--6 lb. | 36 | | Boneless shank meat--3 lb. | 24 | |
| Creamed Carrots | | | Tomatoes--3 cans #2 | | 54 |
| Fat for sauce ($\frac{1}{2}$ lb. mix) | 4 | | Bread** | | |
| Fruit (raw) | | | Spread for bread* (1 lb. mix) | | 7 |
| Bread** | | | | | |
| Spread for bread* (2 lb. mix) | 14 | | | | |
| MENU II | | | MENU II | | |
| Milk | | | Milk | | |
| Navy Bean Soup. | | | Cream of potato soup | | |
| Navy Beans--6 lb. | | 24 | Fat for soup (1 lb. mix) | 7 | |
| Salt Pork--4 lb. | 8 | | Peanut butter sandwiches | | |
| Raw turnip sticks | | | Spread for bread* (1 lb. mix) | | 7 |
| Fruit (raw or stewed) | | | | | |
| Bread** | | | | | |
| Spread for bread* (2 lb. mix) | 14 | | | | |
| MENU III | | | MENU III | | |
| Milk | | | Milk | | |
| Cheese bunny on crackers or toast | | | Kidney Bean & vegetable salad | | |
| Am. Cheddar Cheese--5 lb. | 40 | | Kidney beans--6 $\frac{1}{2}$ lbs. | | 25 |
| Fat for sauce (3/4 lb. mix) | 6 | | Bread** | | |
| Cabbage Slaw | | | Spread for bread* (1 lb. mix) | | 7 |
| Fruit (raw or stewed) | | | | | |
| Bread** | | | | | |
| Spread for bread* (1 lb. mix) | 7 | | | | |
| MENU IV | | | MENU IV | | |
| Milk | | | Milk | | |
| Peanut butter sandwiches | | | Macaroni with cheese | | |
| Mixed vegetable salad--fresh veg. | | | Am. Cheddar cheese--3 lb. | 24 | |
| & green beans (3 cans #2) | | 33 | Fat for sauce ($\frac{1}{2}$ lb. mix) | 4 | |
| Chocolate pudding | | | Apple | | |
| Spread for bread* (2 lb. mix) | 14 | | Spread for bread* ($\frac{1}{2}$ lb. mix) | 4 | |
| MENU V | | | MENU V | | |
| Milk | | | Milk | | |
| Hard cooked eggs with tomato sauce | | | Egg Salad Sandwich | | |
| Tomatoes--1 can #10 | | 83 | Stewed prunes | | |
| Fat for sauce ($\frac{1}{2}$ lb. mix) | 4 | | Spread for bread* (1 lb. mix) | 7 | |
| Boiled potato with skins | | | | | |
| Raw vegetable or fruit | | | | TOTAL | 91 79 |
| Bread** | | | | | |
| Spread for bread* (2 lb. mix) | 14 | | *Alternates for spread for bread: | | |
| | TOTAL | 161 | Butter | 10 points per lb. | |
| | | 140 | Oleomargarine | 4 points per lb. | |
| | | | Mix ($\frac{1}{2}$ butter & $\frac{1}{2}$ oleomargarine) | | |
| | | | | 7 points per lb. | |

** Whole Wheat or enriched